

SENIOR SPIRIT

BROUGHT TO YOU BY THE CONCORD COUNCIL ON AGING WITH THE FINANCIAL SUPPORT OF THE CONCORD FRIENDS OF THE AGING

December 2015

**Concord Friends of the Aging Christmas Party
Wednesday, December 9th at Noon**

The Concord Friends of the Aging are pleased to invite all Concord seniors to attend a Christmas Dinner Celebration at Monument Hall on Wednesday, December 9th at noon. A three course sit down meal will be served. There will be entertainment, gifts, and holiday cheer! The event is free to all Concord seniors (those age 60 & over). Please call Lorraine Goodwin for the Concord Friends of the Aging at 978-341-8853 to sign up. (Please note: the Friends will be taking sign-ups this year, not the COA.) The COA will provide transportation on a first come, first served basis; be sure to call the COA to schedule your ride.

**Council on Aging Holiday Show Starring Bill Shontz
Friday, December 18th at 2:00 PM**

The COA is proud to present this year's Holiday Show and Party, starring well-known performer Bill Shontz, a gifted entertainer, musician, singer, and songwriter. For twenty years Bill was one half of the nationally acclaimed duo, RosenShontz. He has entertained millions of adults, children and families throughout the country with his imaginative and witty style of music and humor. He has performed in such notable places as The White House, Fenway Park for the Boston Red Sox, Live with Regis and Kathy Lee, The Today Show, and even Disneyland. Join us on Friday, December 18th at 2:00 PM and be thoroughly entertained! An assortment of goodies and beverages will be served. Thanks to proceeds from the Harvey's Treasure Chest Gift Shop, this event is presented free of charge. Space is limited to 90 people, so please call to save your seat!

**Celebrate the End of 2015 at the Top of the Hub in Boston
Wednesday, December 30th**

Leaving Concord Health Care Center (now called CareOne at Concord) at 11:00 AM

Last call for this special luncheon at the Top of the Hub! Join us to ring out the old and ring in the new! We will leave Concord Health Care Center by coach on Wednesday, December 30th at 11:00 AM and return by 4:30 PM. As you enjoy the views from the top of the Prudential Center, you will dine on your choice of Baked Haddock or Panko Crusted Chicken Breast, with a soft drink, salad, dessert and coffee. A non-refundable check for \$60, payable to the Town of Concord, is due within one week of signing up. Those attending this trip must be able to navigate a considerable distance from the bus through the Sheraton and Prudential Center lobbies to reach the Top of the Hub. A limited number of tickets are still available for this trip. The deadline to sign up is Wednesday, December 9th. When you call, please indicate your lunch preference.

Winter Cancellation Policy

We would like to remind everyone that if the Concord Public Schools are closed due to snow or ice, there will be NO ACTIVITIES or VAN SERVICE at the COA. If storms develop during the business day, programs and van service may be cancelled to ensure everyone's safety. If school is delayed, please call the COA to find out if any programs have been cancelled or if the van is running.

The Council on Aging will be closed on Friday, December 25th and Friday, January 1st to observe the Christmas and New Year holidays. There will be no programs or van service that day.

Volunteer News & Opportunities
*The COA Volunteer Coordinator position is funded in part by the
Concord Carlisle Community Chest.*

Harvey Wheeler Gift Shop

Harvey's Treasure Chest Gift Shop had a tremendous turnout at their annual holiday fair. Thank you to a wonderful group of dedicated volunteers who worked tirelessly to make the fair a phenomenal success! Thanks to the many residents who support the gift shop by bringing in donations for resale. Remember to stop by the gift shop on a regular basis as they have new items every day. Gift shop hours are Monday through Thursday, 10:30 AM to 2:00 PM. Harvey's Treasure Chest offers the best price in town for Birthday, Sympathy, and Get Well cards. Thank you and Happy Holidays to all!

Art Space

Our exhibitor this month is Concord Recreation's Carousel Preschool. The excited artists, ranging in age from 3 to 8, will display creative works in a variety of media. Young children's art focuses on the process of creating rather than on the final product. To develop skills and appreciation for art, the children at Carousel are given an opportunity to work with many different materials and use them in conventional and unconventional ways. The work on display will showcase this experimentation with the theme "winter." Every child will create their own winter scene on canvas. The display will be grouped by age and visitors may notice how children's art develops and changes as they grow older. Visitors will also have a chance to comment on the children's art, in the "leave a note for the artist" basket. The cards will be read to the children in each class. We hope you'll take the opportunity to visit this delightful exhibit!

Microsoft Word Workshop

Volunteer Melody Orfei will be teaching classes again this month on Microsoft Word. She will be offering Introduction to Microsoft Word on Wednesday, December 9th, from 9:30 AM – 11:30 AM. Follow up for this class will be in January 2016 (date to be announced next month). Please call and reserve your seat for this month's workshop, and please bring your laptop if possible.

Genealogy Workshop & Research Methods

Our Genealogy Workshop teaches participants many ways to research their family trees. Volunteer Bob Bratzler will share ways to compile family histories and write stories for future generations. Novices are always welcome! The Genealogy Workshop will meet on Wednesday, December 2nd, and Genealogy Research Methods will be held on Wednesday, December 16th. Both classes will run from 9:30 AM until 11:00 AM. You may attend just one or both classes. Please be sure to call to sign up and bring your own laptop, if possible.

Beginning Digital Photography

Bob Bratzler will be teaching Beginning Digital Photography in January. Check the Senior Spirit next month for more information including date and time.

Individual Computer Tutoring

Our winter schedule continues with computer tutoring classes offered most afternoons at 3:00 PM. Our list of tutors includes Chase Alexander, Kurtis Chen, Yesh Sachdeva, Lucas McCourt, and Emily Staknis. Please call to sign up for help from one of our amazing tutors!

Thank You to Concord's Veterans

The COA hosted veterans and their spouses at our Veterans Breakfast last month. Special thanks to Ray Snay who served as Master of Ceremonies, and to Veterans Agent, Dick Krug, who spoke as well. Our thanks also go to Assistant Town Manager, Kate Hodges, who addressed the group, and to special guest speaker Charlie Dee. The Lions Club provided beautiful flowers for the tables, and the students at Alcott School made placemats thanking the veterans for their service. Those attending enjoyed a musical performance by the children of the Carousel Preschool. The event was recorded for CCTV by Bob Bratzler. Many thanks to all who helped to make this a memorable event!

Bucket Brigade

There's still time to let us know that you could use some sand this winter to help reduce ice buildup and decrease the risk of a fall. The sand is from the Town of Concord and is treated with rock salt. Please call to let us know you would like a bucket of sand, and where on your property you would like the bucket to be left.

Holy Family Youth Group Thank You

Many thanks to the young men and women of Holy Family Parish who dedicated their time and energy this fall to help seniors in town get their yards ready for winter. Their help is very much appreciated by all!

Property Tax Relief

Concord's Tax Relief Committee wants residents to know that there is help available to seniors experiencing financial hardship. Seniors in town are urged to call the Town Hall (978-318-3001) and ask for the Selectmen's Office. Leave your name and phone number, and a short message saying that you are inquiring about tax relief help. Your call will be returned and you will be asked some questions to determine whether you are eligible for tax relief based upon income and/or special circumstances. Stipends are awarded on a quarterly basis to those who qualify.

HEALTH & WELLNESS

**Lunch & Learn
on
Thursday, December 10th
12:30 PM – 1:30 PM
“Sounds of the Season”**

Hear, Here! Please join us on December 10th for a presentation by Dorothy Potts, Hearing Instrument Specialist with Zounds Hearing of Westford, and enjoy a catered lunch by the Colonial Inn of Concord.

Our hearing is integral to keeping us connected with the world around us and to those we love. We go to the dentist every six months, we get an eye exam every year or two, but unfortunately four out of five people who are challenged with hearing loss wait an average of five to seven years before seeing a specialist for help.

At this presentation you will learn the common causes of hearing loss, how to recognize the social interaction signs of hearing loss, and why you should have a baseline hearing test. There will be time for questions and answers at the end of the session. Space is limited to 25 people, so please be sure to call to sign up!

COA Wellness Clinics

Blood Pressure Screening

Wednesdays, 10:00 AM to 11:45 AM
December 2nd, 16th and 23rd
*There will be no BP Clinic on
December 9th and December 30th*

Diabetic Clinic

Wednesday, December 16th
10:00 AM to 11:45 AM
No appointment necessary.

Podiatry Clinic

Dr. Russell Hamilton

Wednesday, December 30th
8:00 AM to 11:45 PM

Call the office to sign up for the podiatry clinic. Insurance is accepted per Medicare guidelines. Please be sure to bring your insurance cards with you.

Holiday Donation Opportunity

The Concord Carlisle Community Chest is teaming up with Concord Carlisle Youth Services to collect donations of new, unwrapped gifts and toys for Concord and Carlisle children up to age 15. Donations will be accepted through December 11th at the COA, the Concord Town House, and many local businesses. Items in high demand include bath and body products, building sets, Boston sports team-themed merchandise, board games, arts and crafts kits, school supplies, science kits, electronics, action figures, and puzzles. For more information, contact Aileen Buford at 978-318-3034.

Medicare Open Enrollment Ends December 7th

Open Enrollment, the yearly period when you can change your coverage for Medicare medical and drug plans, ends December 7th. If you would like to make changes or would like help determining whether your plan still meets your needs, please call the COA *as soon as possible* to make an appointment with a volunteer S.H.I.N.E. (Serving the Health Information Needs of Everyone) counselor. One of the counselors will meet with you to conduct a personalized plan review to insure that your plan is still serving you appropriately and to explore what is available based on your needs. There is no charge for this service.

Fuel Assistance Program Continues until April 30, 2016

The South Middlesex Opportunity Council (SMOC) will continue to process new applications for their Fuel Assistance Program through the winter months. This program provides financial assistance to low income households. In order to qualify, the maximum allowable gross income for a household of one is \$33,126; maximum allowable for a household of two is \$43,319. The COA is an intake site for low-income seniors and we will be happy to help you to complete your application. Please call Bonny Wilbur at the Council on Aging to express interest and request an application packet.

OUTREACH/SOCIAL SERVICES

A portion of the COA Outreach staffing is funded by the Concord Carlisle Community Chest.

Caregivers' Support Group Tuesday, December 15th at 10:30 AM

Our Caregivers' Support Group is for those caring for loved ones with Alzheimer's or related dementias. The group is facilitated by COA Social Services Coordinator, Sally Lopez. The group will be meeting on Tuesday, December 15th at 10:30 AM. Please call Sally Lopez at 978-318-3012 with any questions.

Tour and Lunch at Concord Park Thursday, December 10th

Join us for lunch and a tour of Concord Park Assisted Living Community, located in West Concord. We will tour this senior living residence and sample a meal prepared by the executive chef. This will be your chance to see for yourself how much is happening at an assisted living community such as Concord Park, and to get all of your questions answered. Concord Park offers Independent Living, Assisted Living, as well as a Memory Support Neighborhood. There is no charge, but please do call the COA to sign up, as space is limited. We will plan to meet at Concord Park, 68 Commonwealth Avenue in Concord, at 11:00 AM for a tour, followed by lunch at 11:30 AM. If you need directions or a van ride, please be sure to let us know when you sign up.

Feeling Blue?

During the dark winter months, approximately 10 – 20% of Americans suffer from mild depression. For most people, these "winter blues" are a normal response to the shorter days and longer nights. However, approximately 5% of people (most commonly in the Northeast) suffer a stronger reaction, a clinical form of depression called Seasonal Affective Disorder, or SAD. According to the Mayo Clinic, SAD is diagnosed more often in women than in men, and those affected are more likely to have a blood relative with SAD or another form of depression.

According to the National Institute of Mental Health, symptoms of SAD may include:

- Fatigue and decreased energy
- Sad and anxious feelings
- Irritability and restlessness, difficulty concentrating
- Difficulty sleeping and/or trouble with oversleeping
- Loss of interest or pleasure in activities you used to enjoy

If any of these symptoms are interfering with your ability to interact with family or friends, speak to your doctor who may be able to help with a diagnosis and treatment plan.

It's always a good idea to exercise regularly, eat a healthy diet, and find ways to manage your stress, and this is vitally important during the winter months. Even though the dark and cold make it harder to get out of the house, it's also important to stay active socially. Another option that some have found helpful is light therapy. Light therapy involves sitting in front of a light box each day. The light box mimics natural outdoor light and is much brighter than ordinary indoor lighting. Studies have shown that light therapy relieves SAD symptoms approximately 70% of the time. As always, consult your doctor for recommendations on the best treatment for your particular symptoms before starting anything on your own.

COA CINEMA

Friday Afternoons in the Lecture Hall - No need to sign up. (FREE)

Join us on Friday afternoons at 2:00 PM. Please note: If any movie draws a bigger audience than we can seat, we will automatically offer a second showing of the movie on the following Monday at 2:00 PM.

December 4th - *Young@Heart* - Coldplay, the Clash and Jimi Hendrix will never sound the same once you've heard the Young@Heart chorus, a group of Massachusetts senior citizens who thrill audiences worldwide with their unusual -- and unusually poignant -- covers of rock songs. Stephen Walker's heartwarming documentary follows the ensemble as they prepare a show. Cast: Joe Benoit, Helen Boston, Louise Canady, and members of the Young@Heart Chorus from Florence, Massachusetts. (Documentary; 118 minutes; 2007; Rated PG13)

December 11th - *Elf* - Buddy the Elf doesn't feel like he fits in with the other elves of the North Pole. But this Christmas, when he learns that he's adopted, he journeys to New York to find his real father . . . and maybe spread a little Christmas cheer. A fun and lighthearted holiday movie! Cast: Will Ferrell, James Caan, Bob Newhart. (Comedy; 95 minutes; 2003; Rated PG)

December 18th - *White Christmas* – Please note a change in show time – due to the COA Holiday Show this movie will be shown at 10:00 AM rather than 2:00 PM: This classic Christmas movie returns to the COA! Bing Crosby and Danny Kaye play war buddies turned entertainers who fall for two sisters. The boys follow the girls to a resort owned by their former commanding officer, who's in danger of losing the place. Cast: Bing Crosby, Danny Kaye, Rosemary Clooney. (Classic; 120 minutes; 1954; Not Rated)

December 25th and January 1st – The COA will be closed for the holidays.

Shopping Trip to Burlington Mall

Monday, December 7th; Leaving Harvey Wheeler Community Center at 10:00 AM

Ride the COA van to the Burlington Mall to do some holiday shopping and perhaps treat yourself to lunch at the Food Court! The van will leave the HWCC at 10:00 AM Monday, December 7th, and will depart from Burlington for the trip back to Concord at 2:00 PM. Please note that no COA staff will be accompanying the participants on this trip. Everyone who signs up for this trip must be able to navigate the mall on their own, and they must be able to meet the van at the scheduled time for the ride back to the HWCC. The transportation fee is \$5.00 per person, payable as you board the van. A minimum of eight people is needed to run this trip, so please call to reserve your seat.

Disclaimer: The Concord Council on Aging does not specifically endorse any service or product advertised in the Senior Spirit. We encourage our readers to investigate any service or product they may consider using in order to make an informed decision.

**Senior Walking Group – Walks are “Self-Guided”
Wednesdays at 10:00 AM – No Need to Sign Up – Just Show Up!**

Join the Walking Group to walk on one of Concord's beautiful trails in December. To get trail maps and information about parking please go to http://www.concordma.gov/pages/ConcordMA_COA/index (Concord Council on Aging web page) and choose the Senior Walking Group link. From December through March the weekly walks will be self-guided on trails that are even and paved, and mostly plowed in the winter. In bad weather please use your best judgment. Walks are held every Wednesday at 10:00 AM. The Senior Walking Group always welcomes new members! For more information, contact Tina Close at 978-318-3197.

December 2nd – Battle Road West – Meet/Park at Hartwell Tavern
 December 9th – Sleepy Hollow Cemetery – Meet at Cemetery Parking Lot at 34A Bedford Street
 December 16th – Great Meadows Wildlife Refuge – Meet at the refuge's parking lot off Monsen Road
 December 23rd – Battle Road East – Meet/Park at Hartwell Tavern
 December 30th – Old North Bridge – Meet at Concord's Colonial Inn

**Create a Holiday Boxwood Tree
Friday, December 11th at 11:00 AM**

Join us at the COA for one of our most popular crafting classes. On Friday, December 11th at 11:00 AM, COA Administrative Assistant, Claudia Curran, and Activity Coordinator, Tina Close, will instruct the class on how to make and beautifully decorate holiday boxwood trees. We will have all the materials for you including the boxwood branches, oasis, containers and decorations. Participants should bring their own clippers. Please register early as attendance is limited to 15. The per-person cost is \$15 in cash, which will be collected by COA staff at the class. This workshop will sell out quickly, so please call to reserve your spot!

**Stephen Collins Recites “A Christmas Carol” by Charles Dickens
Monday, December 21st at 12:30 PM**

Stephen Collins is a critically acclaimed actor, teacher and historian, and a favorite performer at the Concord Council on Aging. On December 21st at 12:30 PM, Stephen will recite “A Christmas Carol” by Charles Dickens. Anyone who has already seen Stephen perform will recognize the passion he brings to all of his roles. See him bring the spirits of Ebenezer Scrooge, Bob Cratchet, and Tiny Tim to life. Refreshments will be served. We need a minimum of 30 people to run this event, so please call to let us know you plan to attend. Thanks to the generous support of the Concord Friends of the Aging there is no charge for this event.

Sign Up Suggestions

Please be sure to take the time to sign up for events of interest so we know you will be attending; and do your best to attend those events for which you sign up. We sometimes cancel events that seem to be of little interest and which attract few sign-ups, only to have folks call at the last minute to sign up when it is too late. We run wait lists for some events and “no shows” keep others from attending. Please be courteous to others and remember to let us know that you plan to attend an event or if you unexpectedly have to cancel.

DVD Lecture Series – Broadway Musicals

Tuesdays, Dec 1st, 8th, 15th, 22nd, 29th, and January 5th, from 2:00 PM to 3:00 PM

For those who have previously signed up, just six lectures remain of this very popular Broadway Musicals DVD Lecture Series facilitated by Jini McCoubrey. The series is taught by Professor Bill Messinger of the Peabody Institute at Johns Hopkins University. He is the author of several books, including *The Power of Music: A Complete Music Activities Program for Older Adults* which has been called "a landmark in music activities." These lectures are fully booked; regrettably we have had to close the remaining lectures to any new participants.

Acrylics Painting Classes

Thursdays, December 3rd, 10th and 17th

From 10:00 AM to Noon

Artist Linda Malone will be continuing her popular Acrylics Painting Class here at the COA through the end of the year. This class is appropriate for anyone who is a beginner or advanced beginner painter. Linda will teach the art of color mixing, brush strokes, glazing, and other painting techniques. Acrylic paint is a great way to build confidence, as it is a very forgiving medium. Be sure to wear old clothes to class! All materials will be provided by the instructor. You can join at any time for \$28 per class. Your check, made payable to the instructor, Linda Malone, is due at the first class you attend. Please be sure to call to sign up.

Y.E.S. Group to Concord's Colonial Inn

Sunday, December 6th at 6:30 PM

Join the Y.E.S. Group for dinner at The Colonial Inn on Sunday, December 6th at 6:30 PM. Refined but not formal, the Inn offers a scrumptious dinner with exceptional service in a quiet, gracious room, surrounded by 300 years of living history. The Y.E.S. Group is open to all Youthful Energetic Seniors. Transportation and the cost of dinner are on your own. Please be aware that the COA does not send staff to Y.E.S. group events. This is a popular dining spot, so please call to reserve your space!

Writing Workshop

Thursdays, January 7th, 14th, 21st and 28th, from 10:00 AM to 11:30 AM

Generating ideas for writing is often the hardest part of the process. In this workshop, you'll write in response to a prompt. Those who wish to share will read their writing aloud. Participants will offer positive feedback about what they like and what is memorable about the writing; no criticism will be given. In this way, each week you'll write a draft of a poem, a story, a memoir, or a creative nonfiction piece. If you share it aloud, you'll know what in your writing is strong. Writing prompts are helpful for beginning writers wondering how to start, for experienced writers working through writers' block, and for those on a healing journey. This workshop is based on the understanding that everyone has something to say and has a unique voice. Bring a notebook and a pen. Instructor Michele Order Litant has a BFA in Creative Writing and is a certified writing workshop instructor. In addition to teaching writing workshops, she is a published writer who has worked as an editor for major publishers, and organized and led a writers' critique group. Cost for this four class session is \$60. Your check, made payable to Michele Litant, is due within a week of signing up. This workshop has a maximum of just 8 participants, so be sure to call to reserve your spot. We will begin taking sign-ups for this January class on December 1st.

Concord Museum Family Trees Exhibit: A Celebration of Children's Literature
Now through January 3, 2016

Plan to stop into the Concord Museum to see the Museum's galleries, filled with trees of all shapes and sizes, decorated with original ornaments inspired by children's storybooks and contemporary picture book favorites. A group of talented seniors have decorated the Council on Aging's tree, taking their inspiration this year from *The Circus Ship* by Chris Van Dusen. Inspired by the storyline, illustrations, characters and settings of the book, the decorators let their imaginations take flight! The COA decorators' group always welcomes new volunteers. Plan to visit the exhibit this month to see if you might like to be involved in decorating next year's tree! For more information including exhibit hours and admission cost, call the Concord Museum at 978-369-9763.

HAPPENING AROUND THE AREA

The Concord Free Public Library invites you to a talk and slide presentation on *The Enduring Greatness of Jane Austen's "Emma"* on Tuesday, December 1st at 7:00 PM at The Concord Free Public Library, 129 Main Street in downtown Concord. At this talk presenter Randall Warniers will discuss the novel and the early 19th-century social context of the times, and Mr. Warniers will describe why the novel is an enduring comic classic. For more information contact the library at 978-318-3349.

United Woman's Club Fair will be held on Saturday, December 5th, from 9:00 AM to 2:00 PM at the Harvey Wheeler Community Center. An array of bountiful baskets, sweets and treats, attic treasures, wooden toys, designer hot pads, fabulous jewelry and other surprises will be available for purchase. The fair proceeds benefit the United Women's Club Scholarship Fund.

Concord Retired Men's Association is meeting Thursday, December 10th at Noon for lunch and a talk by Ginger Quarles, Director of the Concord Council on Aging. The group has no religious affiliation although they meet at the Trinitarian Congregational Church at 54 Walden Street in Concord. Cost is \$10 to cover the cost of a catered lunch.

The Concord Conservatory of Music (CCM) will be offering a Concert & Lecture Series on Friday, December 11th at 7:00 PM at CCM, 1317 Main Street in Concord, and on Sunday, December 13th at 3:00 PM at Newbury Court, 100 Newbury Court in Concord. This talk will explore the integration of popular music by playing versions of original songs as well as their evolution into works of classical literature. Music by the composers Liszt, Bartok, Ives, Ysaie, and Mozart will be performed. Each concert by CCM faculty and guests will be preceded by a lecture by CCM faculty - Keith Kirchoff on Friday night, and Elzbieta Brandys on Sunday afternoons. Admission is \$25 and tickets are available at the door. For more information call 978-369-0010.

Concord Chorus presents their Winter Holiday Concerts on Saturday, December 12th at 2:00 PM and 5:00 PM at the Memorial Chapel, Middlesex School, 1400 Lowell Road in Concord. Tickets cost \$25 for the general audience, \$10 for students and children, \$20 for seniors. For more information call 978-254-1551.

'Bach's Lunch' Concert: Indian Hill Music School presents songs from Irving Berlin's White Christmas and Holiday Inn featuring Suzanne Cabot, vocals; Jamie Dunphy, guitar; John Clark, saxophone; and Justin Meyer, bass. Two shows - Thursday, December 17th at 11:00 AM and 1:30 PM, 36 King Street, Littleton. Complimentary coffee, tea, cookies; bring your lunch. Free admission. Please call 978-486-9524 for more information.

THE COA VAN

The COA provides transportation on a first come, first served basis to Concord seniors around town for doctor's appointments, trips to the bank, haircuts, visits to a friend, events at the COA and so on. We ask for a \$2.00 donation and require an advance reservation to ride the van. Additionally, we offer shopping trips at the designated times listed below. You do not need to wait until the first business day of the month to book a van ride, please call as soon as you know you need a ride (the sooner the better chance to get the time you need)! Please be aware of the following requirements for your safety:

- Our van is considered to be "curb to curb" service. You should be able to get on and off independently or bring along a family member or aide.
- All riders must have emergency contact information listed with the COA office.
- We ask that all van riders carry a copy of the File of Life with them. Please stop at the office and pick one up if you do not have one.
- All of our van riders must use their seatbelts when riding our vans.
- Due to high demand for rides, we ask that you limit non-medical appointments to twice a week.

VAN SHOPPING TRIPS

The COA is happy to provide a variety of shopping opportunities each month, but it is important that you call for a reservation in advance. You may sign up at any time. To save room, each shopper is limited to five (5) shopping bags. The van driver will help carry your bags if you are unable to do so. Limit seven (7) people on each shopping trip. There is a suggested donation of \$2.00 on all shopping trips.

Mondays: 2nd and 4th Monday - Roche Brothers Plaza or Kmart – Pickups start at **1:00 PM**.

Thursdays: 3rd Thursday, – Market Basket, Littleton – Pickups start at **12:45 PM**.

4th Thursday, – Trader Joe's Plaza – Pickups start at **1:00 PM**.
(cancelled due to holiday)

Fridays: Crosby's Marketplace Plaza and CVS – Pickups start at **12:40 PM**.
(During the holiday weeks, Crosby's shopping will be offered on Tuesday, December 22nd and Thursday, December 31st)

VETERAN'S SERVICES

Concord's Veteran's Services Agent is Dick Krug. Dick is available to answer any and all questions related to veteran's services and benefits. Dick has an office downtown at 105 Everett Street, and he can be reached at 978-318-3038. If you aren't able to reach Dick, be sure to leave a message and he will get back to you just as soon as possible.

WEDNESDAY LUNCH SCHEDULE

Lunch is served at 12:00 noon at the Harvey Wheeler Community Center in the auditorium. There is a \$2.00 fee for lunch. Please call the COA at (978) 318-3020 to make your reservation. If you have a reservation and find you are unable to attend, please call to let us know you cannot make it. If you fail to make a reservation, you will be asked to wait in the lounge to determine if there is enough room.

December 2nd Minuteman Senior Services
DECEMBER BIRTHDAY CELEBRATION

December 16th CareOne at Concord
(formerly Concord Health Care Center)

December 9th Concord Friends of the Aging
Holiday Lunch at Monument Hall
(see Page 1 for sign up information)

December 23rd Walden Rehabilitation Center

December 30th Life Care Nashoba Valley

ONGOING MEETINGS AND EVENTS AT THE COA

DISCUSSION GROUPS

COA BOOK DISCUSSION – The group will not be meeting this month. In January the group will be discussing In the Unlikely Event by Judy Blume. To learn more, call Phyllis Di Marzio at 978-369-1558.

COFFEE & CONVERSATION – Meets on Tuesday mornings at 10:30 AM at HWCC. Join us for a cup of coffee or tea, and a snack. Call the COA for more information or just drop in.

INTERNATIONAL CURRENT EVENTS – The group meets on Wednesdays at 1:00 PM. Come weekly for lively discussion moderated by Barbara Howell.

ACTIVITIES & MUSIC

BINGO – Wednesdays at 1:00 PM.

BRIDGE GROUP – Tuesdays at 1:00 PM.

CRIBBAGE – Thursdays at 1:00 PM.

HANDCRAFT GROUP – Meets every 2nd and 4th Wednesday at 1:00 PM.

HAND & FOOT CARD GAME – Mondays at 1:00 PM.

MAHJONG – Wednesdays from 1:15 PM to 3:30 PM.

MEMOIR WRITING GROUP – Mondays 2:00 PM to 3:30 PM.

MEN'S MEETING – Meets on Mondays at 10:30 AM. A donation of \$1.00 is requested.

MUSIC MAKERS – Meets on Mondays at 1:00 PM. For more information, call Nancy Manson at (978) 369-4216.

PING PONG – Meets Fridays at 3:00 PM.

POKER – Meets Fridays at 1:00 PM.

SCRABBLE – Meets Tuesdays at 10:00 AM.

SENIOR DRAMA CLUB – Meets every 2nd and 4th Tuesday at 1:00 PM. If you are interested in more information, please call Tillie Sweet at (978) 369-7018.

WEDNESDAY LUNCH

Every Wednesday starting at Noon. Please call to make a reservation.

FITNESS CLASSES

All fitness class fees are payable to the instructor.

AEROBICS CLASS – Mondays & Thursdays at 9:30 AM \$4/class.

SENIOR TAI CHI – Mondays, 3:00 PM to 4:00 PM, \$5/class,

STRENGTH & FLEX – Mondays & Thursdays at 10:45 AM \$4/class.

YOGA – Mondays at 9:00-10:30 AM (mat) \$10/class

Tuesdays at 9:15 AM (chair) \$5/class

Wednesdays at 8:00 AM (mat & chair) \$5/class

Fridays at 9:30 AM (mat) \$5/class

SUPPORT SERVICES

“ASK A LAWYER” – Thursday, December 17th from 9:00 AM to 12:00 PM. Please call for an appointment.

EYEGLASS CLEANING & ADJUSTMENT– Optician Alex Thayer will be here on Wednesday, December 16th at 11:00 AM. Free of charge.

LOW VISION GROUP – Meeting this month on Friday, December 11th from 11:30 AM to 1:30 PM.

S.H.I.N.E. COUNSELORS – Pat Lanchester, Clare Gordon, and Charles Atkinson are available to answer your health insurance questions. Please call the COA at 978-318-3020 to arrange a phone or in-person appointment.

MEETINGS

The **COUNCIL ON AGING BOARD** will meet on Tuesday, December 8th at 5:30 PM at the HWCC. The public is always welcome!

Concord Council on Aging Staff
1276 Main Street, Concord MA 01742
Telephone (978) 318-3020

Ginger Quarles, Director
Claudia Curran, Administrative Assistant
Laurie Austin-Santry, Receptionist
Chris Choate, Custodian
Carol Dromgoole, Volunteer Coordinator
Dick LaBossiere, Van Driver
David Siskind, Van Driver
Steve Telsey, Van Driver
Stephen Grimes, Van Driver

Bonny Wilbur, Program Supervisor
Joyce McSweeney, Outreach Coordinator
Sally Lopez, Social Services Coordinator
Laurel Kuipers, Outreach Coordinator
Catherine Joyce, Wellness Coordinator
Tina Close, Activity Coordinator
Marcia Zaniboni, Activity Coordinator
Michael Henry, Van Driver
John Zonfrelli, Van Driver